

Your Health and Happiness, Meir Ezra

Meir Ezra - You may have heard that to succeed, you need to adjust yourself to the world around you. Examples:

"You'd better get used to it as that's the way it is." "To be happy, you must compromise." "Don't make waves!"

Yet, to succeed, you must take a different approach.

"Man succeeds because he adjusts his environment to him, not by adjusting himself to the environment." -- L. Ron Hubbard

You decide what you want and how you want it. You take an active role. You change the world around you.

Think of the most successful people you know. Do they mold themselves to fit in? Or do they change the world around them?

As well as determining your success, your ability to adjust your environment also determines your health and happiness.

"So long as an individual maintains his own belief in his ability to handle the physical universe and organisms about him and to control them if necessary or to work in harmony with them, and to make himself competent over and among the physical universe of his environment, he remains healthy, stable and balanced and cheerful." -- L. Ron Hubbard